

# Vegan Monday: Oat Flatbread With Oat Yoghurt / Tahini Sauce - Cooking With Local Produce Of Oma Maa

## Ingredients:

Difficulty: Easy  
(serves 4)

For roasted vegetables\*:

1 large parsnip, peeled and cut in strips  
2 yellow carrots, peeled and cut in strips  
1/2 tsp salt  
1 tsp chilli pepper flakes (you can omit this if you don't want it to be spicy)  
1 tbsp olive oil (or another vegetable oil you like)

For bread\*\*:

5 dl (or 2 cups or 200 gr.) rolled oats\*\*\*, plus a bit more rolled oats/oat flour to help with dough (as much as needed)  
2 tsp salt  
1 tsp baking powder  
2.5 dl (or 1 cup) oat yoghurt (or another dairy-free yoghurt)

For sauce/dip:

2.5 dl (or 1 cup) oat yoghurt (or another dairy-free yoghurt)  
5 tbsp tahini  
2 tbsp lemon juice  
2 garlic cloves, mashed  
1 tsp salt (or to taste)  
a drizzle of pomegranate syrup as a topping (optional)  
toasted sesame seeds as a topping (optional)

\*These are the vegetables I got in Oma Maa food bag. You can, of course, use other vegetables you like/have.

\*\*The original amount of oat yoghurt I got at the food bag was enough for half bread amount, which means 2 flatbreads. But I double the amounts for you while writing the recipe so that everything in the recipe is for 4 people.

\*\*\*The food bag had 750 gr rolled oats (oat flakes) that week, so I used that to make oat flour, which I explain below. You can also directly use oat flour if you have it. If you are following a gluten-free diet, make sure your oats/flour is gluten-free.

## Instructions:

1. Preheat the oven to 200C. Put a baking paper on an oven tray and put aside.
2. Put your cut vegetables in a bowl. Add salt, chilli pepper flakes (if using) and olive oil and mix well using a spoon or a fork. Transfer the vegetables onto the baking tray in one even layer and roast in the middle section of the oven for about 40 minutes, until they are tender and a bit browned.

3. While the vegetables are roasting, prepare other stuff. First, the bread: Put the rolled oats in a food processor and blitz them until they become flour. Of course, if you are directly using oat flour, you don't need that step.
4. Put oat flour, salt and baking powder in a bowl, and whisk.
5. Add oat yoghurt and fold until you get a uniformly mixed dough ball. At this stage, if it's too sticky, leave it as it is, you can add a little more flour later. Cover the bowl with stretch film and let it rest for 10 minutes.
6. While the bread dough is resting, prepare the sauce. In a bowl, put all the ingredients except for pomegranate syrup and sesame seeds, both optional and mix them well. That's all for the sauce! Drizzle some syrup and spread some sesame seeds while you are serving, if you like.
7. When the bread dough has rested, cover your work surface with some more oat flour. If you are making flour from rolled oats, just blitz some more in the food processor like in step 3. Put the bread ball on the surface and turn it into a non-sticky ball using as much oat flour as you need (but add flour in small amounts gradually so that you don't end up with too hard flour suddenly). Divide the ball in 4.
8. On a baking paper (to help you with flattening the bread and carrying it to the stove), put some more oat flour and flatten as much as you can without the dough breaking up. Mine was about 20cm in diameter.
9. Put a pan on medium heat and drizzle with some olive oil (or another vegetable oil you like). Transfer the first bread onto the pan. Cook the bread thoroughly by turning it using a spatula a few times. Keep doing this for each bread ball. For me, each bread took about 5 minutes to cook.
10. When the vegetables are ready, prepare your servings. You can top the pieces of bread with sauce and roasted vegetables, or you can dip the roasted vegetables into the sauce, and you can combine bread with other toppings, you can do whatever you like! Enjoy!